

Learn to Filet a Fish

1

Make the first cut behind the gill cover. Cut only until the knife touches the backbone. Do not cut through it.



2

Turn the fish and run the knife along the backbone and dorsal fin. Cut deep enough to bounce the knife along the top of the rib cage.



3

When the knife blade no longer contacts the rib cage, push the knife through the width of the fish. The blade will exit on the bottom near the vent. Continue cutting along the bone until the filet is cut off at the tail.



4

Remove the skin from the filet by inserting the knife at the tail and cutting the meat from the skin. Hold the filet in position by pressing down on the skin, with your thumb.

Remove any remaining visible fat from your fish filet at this time, too.



Note: If you are grilling your fish, you may want to leave the skin on. Just be sure to poke holes in the skin so any fat inside the filet can drip away.

Some chemicals collect in the fat of fish. Reduce the chemicals by up to half by removing the fat and cooking your filet on a grate or grill so more fat can drip away. Mercury can't be removed like this, though, so choose wisely.

Learn more: www.michigan.gov/eatsafefish or 1-800-648-6942



Michigan Department
of Community Health



Fish filet images and instructions courtesy of the Ohio DNR.

Crunchy Baked Walleye

Recipe by Melissa Freye
Muskegon, Michigan

Ingredients

3 pounds walleye fillets
1 cup milk or buttermilk
1 1/2 cups crushed corn flakes
3 tablespoons Parmesan cheese
2 tablespoons melted butter



Preheat oven to 400 degrees F.

Spray a baking sheet (with sides) with cooking spray or grease thoroughly.

Crush corn flakes & mix with Parmesan cheese.

First dip the fish fillets in milk, and then dip them into the corn flake mixture. Place the fish on the prepared baking sheet. Pour butter over fish.

Bake for about 20 minutes or until fish flakes easily with a fork. Enjoy!

Hooked on Fish: Recipes from the Great Lakes State

www.michigan.gov/eatsafefish

Fish Boil (aka Poor Man's Lobster)

Basil Walker
Eaton Rapids, Michigan

Ingredients

20 medium potatoes
20 medium onions
8-10 pounds of salmon, steelhead, lake trout, or whitefish
1 cup salt, divided
fresh lemons, cut into wedges
Drawn Butter (recipe follows)



Peel potatoes and onions, place in a large kettle, add 1/2 cup salt and cover with water. Bring to a boil and cook for 22 minutes at a fast boil. Add the fish fillets, skinned and chunked up in metal colander, and remaining 1/2 cup salt to the kettle. Cook for 8 more minutes.

Lift colander of fish out and rinse with hot water. Pour water quickly out of kettle and serve potatoes, onions and fish. Serve with lemon wedges and drawn butter.

Drawn Butter

In a small saucepan, melt **2 sticks of butter** over medium heat. Bring to a boil until the milk solids have separated and sunk to the bottom of the pan. Scoop out the clear butter from the top of the pan and serve in a warm cup.

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